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Diabetic Recipe Sampler

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Apple–Cheddar Popovers

butter–flavored cooking spray

1 tart apple, such as Pippin, Granny Smith, or Fuji, peeled, cored, and chopped

1/3 cup shredded 2% sharp cheddar cheese

2 large eggs

1 cup unbleached all–purpose flour

1/4 teaspoon salt

1 cup low fat (1%) milk

1 tablespoon reduced–fat margarine, melted

Preheat oven to 450F. Lightly coat 8 popover cups with cooking spray. Place 1 tablespoon each of the apple and cheese at the bottom of each popover cup. In a food processor or blender, combine eggs, flour, and salt. Process until well blended. With the machine running, add milk and margarine through the feed tube. Process until smooth. Fill the cups two–thirds full with the batter. Bake for 15 minutes, reduce oven temperature to 350F, and continue to bake for another 20 minutes until popovers are puffed and golden brown. Let cool at least 15 minutes, then remove from pan. Makes 8 servings.

Per serving: 111 calories (28% calories from fat), 5 g protein, 4 g total fat (1.4 g saturated fat),

15 g carbohydrates, 1 g dietary fiber, 58 mg cholesterol, 160 mg sodium

Diabetic exchanges: 1 carbohydrate (bread/starch), 1/2 fat

Cherry Turnovers

8 frozen phyllo dough sheets, thawed

1/4 cup butter or margarine, melted

6 Tablespoons no-sugar-added black cherry fruit spread

1 1/2 tablespoons cherry liqueur (optional)

1 egg

1 teaspoon cold water

Preheat oven to 400 degrees F. Lightly brush each phyllo sheet with butter; stack. Cut through all sheets to form

six (5-inch) squares. Combine fruit spread and cherry liqueur, if desired.

Place 1 tablespoon fruit spread mixture in

center of each pile of eight phyllo squares; brush edges of phyllo with butter. Fold edges over to form triangle;

gently press edges together to seal. Place on ungreased cookie sheet. Beat together egg and water; brush over phyllo

triangles. Bake 10 minutes or until golden brown. Cool on wire rack.

Serve warm or at room temperature.

Makes 6 turnovers

Serving size: One turnover

Yield: 6

Exchanges: 1 1/4 Starch/Bread, 1 3/4 Fat, 2/3 Fruit

Nutrition: 206 Calories, 4 g Protein, 28 g Carbo, 9 g Fat

Chicken Pasta Salad

1/2 cup fat-free mayonnaise
3 Tablespoons low-sodium soy sauce
2 Tablespoons sherry
1/8 teaspoon ground ginger
1/4 teaspoon. pepper
1 cup cooked spiral pasta, drained
2 cups cooked boneless skinless chicken breasts, cut into bite-sized pieces
2 cups fresh snow peas, strings removed and blanched
2 green onions, sliced
1/2 cup water chestnuts, sliced
1/4 cup toasted almonds, for garnish

In a small bowl combine the mayonnaise, soy sauce, sherry, ground ginger, and pepper. Set aside. In a separate bowl combine pasta chicken, snow peas, green onions, and water chestnuts and toss with dressing mix. Refrigerate overnight. Sprinkle with toasted almonds before serving.

Serving size: 1 cup

Yield: 1 salad

Exchanges: 1/2 Fat, 1 1/2 Meat, 1/2 Starch, 1/2 Vegetable

Nutrition: 132 Calories (22% from fat), 13.3 g Protein, 11.1 g Carbo, 3.2 g Fat

Chocolate Banana Mousse

1 ounce unsweetened chocolate
1 cup evaporated skim milk
3 tablespoons granulated sugar replacement
2 egg yolks
1/4 teaspoon salt
1 teaspoon vanilla extract
2 bananas, sliced

Combine chocolate, 1/4 cup of the milk and the sugar replacement in top of double boiler. (Chill remaining milk in freezer.)

Cook and stir over simmering water until chocolate melts. Pour amount of hot chocolate mixture over egg yolks and beat well. Pour egg mixture into chocolate mixture on top of double boiler. Stir in salt. Cook and stir over hot water until mixture thickens. Cool completely.

Scrape cold or slightly frozen milk into mixing bowl and beat until very stiff. Fold chocolate mixture into stiffly beaten milk. Fold in vanilla extract and banana slices. Spoon into mold, freezer tray or individual cups and freeze until firm. Yields 8 servings.

Diabetic Exchange 1 serving: 1 bread, 1 fat Calories 1 serving: 69

Chocolate Cheesecake

1-1/2 cups graham cracker crumbs
1/3 cup butter, melted
3 packages (8 ounces each) reduced-fat cream cheese, softened
1 cup plus 2 tablespoons sugar, divided
4 eggs
2 teaspoons vanilla extract, divided
1/4 cup unsweetened cocoa
1 container (16 ounces) reduced-fat sour cream

Preheat the oven to 350 degrees F. In a medium bowl, combine the graham cracker crumbs and butter; mix well. Press into a 10-inch springform pan, covering the bottom and sides. Chill while preparing the filling.

In a large bowl, blend the cream cheese and 1 cup sugar with an electric beater. Add the eggs one at a time, beating well after each addition. Add 1 teaspoon vanilla and the cocoa; mix well, then pour into the chilled crust. Bake for 50 to 55 minutes, or until firm. Remove from the oven and let cool for 5 minutes. (Leave the oven on.)

In a medium bowl, with a spoon, mix the sour cream and the remaining 2 tablespoons sugar and 1 teaspoon vanilla until well combined. Spread over the top of the cheesecake and bake for 5 minutes. Let cool, then refrigerate overnight before serving.

Serving Size: 1 slice

Yield: 16 slices

Nutrition: 279 calories (156 from fat), 24g Carb, 1g Fiber, 9g Protein, 17g Fat (11g Saturated)

Exchanges: 1-1/2 Carbohydrate, 1 Medium-Fat Mat, 2-1/2 Fat

Cream Cheese and Jelly Cookies

3/4 cup margarine, softened
1 package (8 ounces) reduced-fat cream cheese, softened
2 1/2 teaspoons Equal® for Recipes or 8 packets Equal® sweetener or 1/3 cup Equal®
Spoonful
2 cups all-purpose flour
1/4 teaspoon salt
1/4 cup black cherry or seedless raspberry spreadable fruit

Beat margarine, cream cheese and Equal® in medium bowl until fluffy; mix in flour and salt to form a soft dough.

Cover and refrigerate until dough is firm, about 3 hours.

Roll dough on lightly floured surface into circle 1/8 thick; cut into rounds with 3-inch cutter.

Place rounded 1/4 teaspoon spreadable fruit in center of each round; fold rounds in halves and crimp edges firmly with tines of fork. Pierce tops of cookies with tip of sharp knife.

Bake cookies on greased cookie sheets in preheated 350 degree F oven until lightly browned,
about 10 minutes. Cool on wire racks. Makes about 3 dozen

Serving size: 1 cookie

Yield: 36

Exchanges: 1/2 Bread, 1 Fat

Nutrition: 80 Calories, 1 g Protein, 7 g Carbo, 5 g Fat

Diabetic Fruit Cookies

3 medium sized ripe bananas
1 1/2 cups coarsely chopped mixed dried fruits (such as dates, apricots and raisins)
1/3 cup peanut or safflower oil
1 teaspoon vanilla
1/8 teaspoon salt
1/2 cup chopped nuts (walnuts, almonds or pecans)
1 1/2 cup rolled oats
1/2 cup uncooked oat bran

Preheat oven to 350F. Grease 2 large cookie sheets. Mash bananas in large bowl until smooth (You should have about 1-1/2 cups). Stir in oil, vanilla and salt. Add oats, oat bran, mixed fruits and nuts; stir well to combine. Drop by rounded measuring tablespoonfuls onto prepared cookie sheets, about 1 inch apart. Flatten out slightly with back of spoon. Bake about 20-25 minutes or until bottom and edges of cookies are lightly browned. Transfer cookies onto wire rack to cool completely. Store in refrigerator. Yield: 24 servings

105 calories per cookie, Protein 2 g , Fat 5 g , Carbohydrates 14 g , Sodium 14 g, Cholesterol 0 mg.

Fourth of July Cheesecake

3 cups vanilla wafer crumbs
4 Tablespoons margarine, melted
3 Tablespoons NutraSweet® Spoonful
1 envelope (1/4 ounce) unflavored gelatin
1 cup skim milk
2 packages (8 ounces each) reduced fat cream cheese, softened
1 package (3 ounces) reduced fat cream cheese, softened
2 Tablespoons lemon juice
1 Tablespoon grated lemon rind
2 teaspoons vanilla
1/3 to 1/2 cup NutraSweet® Spoonful
1 pint blueberries
2 pints raspberries

Mix crumbs, margarine and 3 Tablespoons NutraSweet® Spoonful in medium bowl; pat evenly on bottom of jelly roll pan, 15 by 10 inches.

Sprinkle gelatin over milk in small saucepan; let stand 2 to 3 minutes. Heat over medium low heat, stirring constantly, until gelatin is dissolved. Cool to room temperature.

Beat cream cheese until fluffy in large bowl; gradually beat in milk mixture. Beat in lemon juice and rind, vanilla and 1/3 to 1/2 cup NutraSweet® Spoonful. Pour mixture over crust; refrigerate until set, 3 to 4 hours.

Before serving, decorate to look like an American flag, using blueberries for the stars and the raspberries for the stripes.

Serving size: 1 slice

Yield: 16 slices

Exchanges: 1 starch, 2 fat

Nutrition: 170 Calories, 5 g Protein, 16 g Carbo, 10 g Fat

Fresh Vegetable Pizza

2 (4-ounce) fresh pizza bread shells
olive oil vegetable spray
1/2 teaspoon garlic powder, or to taste
1/2 cup grated part-skim mozzarella cheese
2 button mushrooms, thinly sliced
1 small yellow summer squash, 3 ounces, thinly sliced
1 plum tomato, 3 ounces, thinly sliced
1/2 green bell pepper, 3 ounces, chopped
2 tablespoons fresh basil chopped
1 tablespoon grated Parmesan cheese

Preheat oven to 450F. Place the pizza shells on a pizza stone or heavy non-stick cookie sheet. Lightly coat shells with cooking spray and sprinkle each shell with 1/8 teaspoon of the garlic powder. Sprinkle each shell with 1/4 cup mozzarella cheese. Arrange the mushroom slices around the outside of the shell. Cover the shell with squash slices and then, tomato slices and bell pepper. Top with fresh basil, the remaining garlic powder, the remaining mozzarella cheese, and the Parmesan cheese. Coat again with cooking spray.

Bake for 12 –15 minutes until vegetables are cooked and cheeses have melted. Cut in half and serve immediately. Makes 4 servings.

Per serving: 260 calories (30% calories from fat), 6 g protein, 8 g total fat (2.6 g saturated fat),
36 g carbohydrates, 4 g dietary fiber, 9 mg cholesterol, 233 mg sodium
Diabetic exchanges: 2 1/2 carbohydrate (2 bread/starch, 1 vegetable), 1 fat

Fruit Kebabs with Lime Cream

1/2 cup low fat sour cream
1 1/2 tablespoons fresh lime juice
sugar substitute equivalent of 1 tablespoon sugar
1/2 teaspoon grated lime zest
1/2 ripe honeydew melon, about 2 pounds, peeled, seeded, and cut into cubes
1 pound strawberries or blackberries, cleaned

Combine the sour cream, lime juice, sugar substitute, and lime zest in a small bowl. Cover and refrigerate until ready to serve.

Alternate the fruit on four skewers. Arrange on a platter. Cover and refrigerate for up to an hour. To serve, spoon a puddle of the lime cream on a dessert plate. Top with a fruit skewer and serve. Makes 4 servings.

Per serving: 134 calories (15% calories from fat), 3 g protein, 2 g total fat (1.5 g saturated fat),
29 g carbohydrates, 4 g dietary fiber, 10 mg cholesterol, 75 mg sodium
Diabetic exchanges: 2 carbohydrate (fruit), 1/2 fat

Fruit Muffins

1 cup chopped dates
1/2 cup margarine
1/4 teaspoon salt
1/2 cup raisins
1/2 cup chopped prunes (dried)
1 cup water
2 eggs, beaten
1 teaspoon vanilla
1/2 cup chopped nuts
1 cup flour
1 teaspoon baking soda

Combine dates, raisins, prunes and water and bring to a boil for 5 minutes. Stir in margarine and salt while hot. Let cool. Add eggs, vanilla and nuts. Mix flour and soda together in a separate bowl. Add to wet mixture. Stir until just moist. Spoon into greased muffin tins. Bake in 350 degree F oven for 15 minutes.

Serving size: 1 muffin

Yield: 12

Exchanges: N/A

Nutrition: 148 Calories, 3 g Protein, 27 g Carbo, 4 g Fat

Fruit Roll Cookies

1 cup margarine, softened

8 ounce regular or reduced calorie cream cheese, softened

3 cup all-purpose flour

1/2 teaspoon salt

1 Tablespoon sugar

1 10 ounce jar all-fruit preserves (no sugar added)

In a large mixing bowl, combine margarine and cream cheese; beat until well blended. Lightly spoon flour

into measuring cup; level off. With mixer on low, gradually add flour, sugar, and salt. Mix well. On a lightly

floured surface, shape into a ball or log; cover with plastic wrap and refrigerate for one hour for easier handling.

Preheat oven to 350°F. Divide dough into three equal parts. On a floured surface, roll each section of dough

into a rectangle approximately 8" x 14" Carefully spread about one-third of the jar of All-Fruit. Roll up jelly roll

style beginning with one of the longer sides. With a sharp knife, slice into 1/2" thick slices. Place cookies, flat side

down, on a greased cookie sheet, about 1/2" apart. Bake 25–30 minutes or until lightly golden. Cool on racks. Store in a tightly covered container.

Serving size: 1 cookie

Yield: 60 cookies

Nutrition: 68 calories, 6 g Carbohydrates, 4 g Fat, 1 g Protein

Fruity Sweet Potatoes

4 medium sweet potatoes, unpeeled
1 teaspoon low-fat margarine
1/4 cup unsweetened pineapple juice
2 tablespoons low-sodium chicken broth
1 tablespoon chopped pineapple
Pinch of cinnamon
Pinch of grated nutmeg
Pinch of allspice
Nonstick cooking spray

Preheat oven to 375 degrees F. Boil the potatoes in a pan until tender, about 30 minutes. Remove skins. In a large bowl, mash the pulp. Add the margarine, fruit juice and broth and whip until fluffy. Add the chopped pineapple and spices. Coat a 1-quart baking dish with nonstick cooking spray. Transfer the potato mixture to the dish. Bake 30 minutes or until lightly browned. Makes 8 servings.

Nutrition information per 2/3 cup serving: 116 calories; 0.7g fat (0.2g saturated fat; 5% of calories from fat); 0.1mg cholesterol; 23mg sodium; 26.1g carbohydrate; 2.7g fiber; 1.8g protein Exchange value: 1 1/2 starch

Fudgy Brownies

6 Tablespoons margarine

4 ounces unsweetened chocolate

1/3 cup skim milk

1/3 cup apricot preserves with NutraSweet® brand sweetener or apricot spreadable fruit

1 egg yolk

1 teaspoon vanilla

1/2 cup all-purpose flour

10 3/4 teaspoons Equal® Measure or

36 packets Equal® sweetener or

1 1/2 cups Equal® Spoonful™

1/2 teaspoon baking powder

1/8 teaspoon salt

3 egg whites

1/8 teaspoon cream of tartar

1/3 cup coarsely chopped walnuts (optional)

Heat margarine, chocolate, milk and apricot preserves in small saucepan, whisking frequently, until chocolate

is almost melted. Remove from heat; whisk in egg yolk and vanilla; mix in combined flour, Equal®, baking powder, and salt until smooth.

Beat egg whites and cream of tartar to stiff peaks in large bowl. Fold chocolate mixture into egg whites; fold in

walnuts if desired. Pour batter into greased 8-inch square baking pan.

Bake in preheated 350 degree F oven until brownies are firm to touch and toothpick comes out clean, 18 to 20

minutes (do not overbake). Cool on wire rack. Serve warm or at room temperature.

Makes 16 brownies.

Serving size: One Brownie

Yield: 16

Exchanges: 1/2 bread, 1 fat

Nutrition: 99 Calories, 2 g Protein, 9 g Carbo, 7 g Fat

Lemon Chicken and Rice

1 lb. boneless, skinless chicken breasts, cut into strips
1 medium onion, chopped
1 large carrot, thinly sliced
2 garlic cloves, minced
2 tablespoons butter or margarine
2 tablespoons cornstarch
1 (14 1/2 oz.) can chicken broth
2 tablespoons lemon juice
1/2 teaspoon salt, optional
1 1/2 cup uncooked instant rice
1 cup frozen peas

In a skillet, cook the first 4 ingredients in butter for 5 to 7 minutes or until chicken is no longer pink. In a bowl combine cornstarch, broth, lemon juice and salt if desired until smooth. Add to skillet and bring to a boil.

Cook and stir for 2 minutes or until thickened. Add rice and peas. Remove from the heat; cover and let stand for 5 minutes. Serves 6.

Nutritional Analysis: One serving (prepared with reduced-fat margarine and low sodium chicken broth and w/o salt) equals: 235 calories, 156 mg sodium, 43 mg cholesterol, 27 gm carbohydrate, 20 gm protein, 5 gm fat

Diabetic Exchanges: 2 lean meat, 1 1/2 starch. 1 vegetable

Lemon Delight Squares

Crust:

- 1/4 cup diet margarine
- 1 cup graham cracker crumbs
- 1/4 cup Splenda® granular

Preheat oven to 350°F. Melt the margarine and stir it into a mixture of the graham cracker crumbs and Splenda® Granular. Press into an 8-inch square pan. Bake for 10 minutes. Set aside to cool.

Filling:

- 1/3 cup all-purpose flour
- 1 1/4 cup Splenda® granular
- 2 tablespoons water
- 4 egg yolks
- 1/4 cup lemon juice or the juice of 2 lemons
- 2 tablespoons finely grated lemon rind
- 4 egg whites
- 1/2 teaspoon cream of tartar
- Graham cracker crumbs

In a heavy saucepan or double boiler, combine the flour, second amount of Splenda® Granular, water, egg yolks, lemon juice and grated lemon rind. With a wooden spoon, stir constantly over very low heat for about 5 minutes.

Beat the egg whites for 30 seconds until frothy, then add the cream of tartar and beat for a further 2 1/2 minutes. Fold the stiffly beaten egg whites into the lemon sauce and spread over the cooled crust. Sprinkle with graham cracker crumbs. Bake at 350°F for approximately 15 minutes.

Turn off the oven and leave the pan inside for a further 5 minutes or until the squares are set.

Allow to cool; loosen the edges and slice. Yields 16 squares.

1 square = 89 calories; 11.4g carbohydrate; 2.5g protein; 3.7g fat; 0.5g fiber; 71mg sodium

Oven Fried Drumsticks

1/4 cup all-purpose flour
1 egg
1/4 cup low-fat (1%) milk
1 cup coarsely crushed oven-toasted corn cereal
1/2 teaspoon dried oregano
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon paprika
1/2 teaspoon dried basil
1/2 teaspoon salt
1/4 teaspoon black pepper
8 chicken drumsticks, skin removed
Nonstick cooking spray

Preheat the oven to 375 degrees F. Coat a rimmed baking sheet with nonstick cooking spray.

Place the flour in a shallow dish. In a second shallow dish, beat the egg with the milk. In a third

shallow dish, mix the crushed cereal with the seasonings.

Dip the chicken in the flour, then into the egg mixture, then into the cereal mixture, coating evenly with each. Arrange the chicken on the baking sheet and coat with nonstick cooking spray.

Bake for 25 minutes, then turn the chicken and bake for 25 more minutes, or until no pink remains in the chicken and it turns golden.

Serving Size: 2 drumsticks

Yield: 8 (4 servings)

Nutrition: 247 calories (59 from fat), 17g Carb, 1g Fiber, 28g Protein, 7g Fat

Exchanges: 1 Starch, 3 Lean Meat

Peach Crumb Cobbler

2 cups fresh peaches, sliced
1/3 cup graham cracker crumbs
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
2 teaspoons low-calorie margarine

Preheat oven to 350°F. Place the sliced peaches in the bottom of an 8x8x2-inch baking pan. In a small mixing bowl, combine the graham cracker crumbs, cinnamon and nutmeg; mix well.

Gradually blend in margarine and sprinkle mixture over peaches. Bake uncovered for 25 to 30 minutes. Remove from the oven and let cool slightly before serving.

Serving size: 1/2 cup

Yield: Four servings

Exchanges: 1 fruit

Nutrition: 74 Calories, 15g carbohydrates (2g fiber, 9g sugars), 1g protein, 2g fat
0mg cholesterol, 57 mg sodium

Peanut Butter–Coconut–Raisin Granola Bars

1–1/3 cups rolled oats
2/3 cup raisins
1/2 cup bran flakes
1/3 cup unsweetened coconut
3 tablespoons chocolate chips
2 tablespoons chopped pecans
1 teaspoon baking soda
1/4 cup peanut butter
1/4 cup brown sugar
3 tablespoons margarine or butter
3 tablespoons honey
1 teaspoon vanilla

Preheat oven to 350F. Spray a 9–inch square pan with vegetable spray.

Put rolled oats, raisins, bran flakes, coconut, chocolate chips, pecans, and baking soda in bowl. Combine until well mixed.

In small saucepan, whisk together peanut butter, brown sugar, margarine, honey and vanilla over medium heat for approximately 30 seconds or just until sugar dissolves and mixture is smooth. Pour over dry ingredients and stir to combine. Press into prepared pan and bake for 15 to 20 minutes or until browned. Let cool completely before cutting into bars. Yield: 25 bars

Nutritional Information Per Serving (1 bar):

Calories: 97, Fat: 5 g, Carbohydrate: 13 g, Fiber: 1 g,

Protein: 2 g, Sodium: 77 mg, Cholesterol: 0 mg

Diabetic Exchanges: 1/2 Fruit, 1/2 Other Carbohydrate, 1 Fat

Special Chocolate Ice Cream

1 package (1.5 ounces) sugar-free instant chocolate pudding mix
6 packets artificial sweetener (equivalent to 1/4 cup sugar)
2 Tablespoons baking cocoa
1 teaspoon vanilla extract
4 cups evaporated milk
4 ounces light frozen whipped topping, thawed

In a blender, combine the pudding mix, sweetener, cocoa, milk and vanilla; process on low until smooth. Fold in the whipped topping until smooth. Pour into a shallow 2-quart freezer container. Cover and freeze for 30 minutes. Stir with a wire whisk; return to freezer until ready to serve.

Makes 12 servings.

Serving size: 1/2 cup

Yield: 12

Exchanges: 1 nonfat milk, 1/2 starch, 1/2 fat

Nutrition: 140 Calories, 10g Protein, 20g Carbohydrate, 3g Fat

Spinach–Chicken Rollups

8 oz. pkg. nonfat cream cheese, softened
3 tablespoons chopped green onion
1½ cups cooked chicken breast, cut in small chunks
2 tablespoons nonfat sour cream
1 teaspoon dried dill
4 (10 inch) low–fat flour tortillas
1½ cups fresh spinach
Nonfat ranch salad dressing or salsa (not included in nutritional information)

Combine cream cheese, onion, chicken, sour cream and dill in medium bowl; mix until blended. Spread ¼ cup filling on each tortilla; place spinach leaves on top, leaving about ½ inch border. Roll tortillas tightly and wrap in plastic wrap. Refrigerate at least 1 hour before serving. Slice and serve with nonfat ranch dip or salsa. Serves: 6

Nutrition per Serving

Calories 120

Carb Choices : 1

Exchanges : 1½ meat, 1½ starch, 1 vegetable

Fat 2 g

Carbohydrates 15 g

Protein 11 g

Cholesterol 11 mg

Dietary Fiber 1 g

Sodium 158 mg

Sugar-Free Raisin Bars

1 cup raisins
1/2 cup water
1/4 cup margarine
1 teaspoon ground cinnamon
1/4 teaspoon nutmeg
1 cup all-purpose flour
1 egg, lightly beaten
3/4 cup unsweetened applesauce
1 tablespoon sugar substitute
1 teaspoon baking soda
1/4 teaspoon vanilla extract

In a saucepan, over medium heat, cook the first 5 ingredients until margarine is melted; continue cooking for 3 minutes. Add all remaining ingredients.

Spread into an 8-inch square baking dish that has been sprayed with nonstick cooking spray. Bake at 350°F for 25 to 30 minutes or until lightly browned.

Nutritional Analysis: One serving equals 92 calories, 97 mg sodium, 13 mg cholesterol, 15 gm carbohydrate, 2 gm protein, 2 gm fat, Diabetic Exch. 1 starch, 1/2 fat

Sugarless Apple Cookies

3/4 cup chopped dates
1/2 cup finely chopped peeled apple
1/2 cup raisins
1/2 cup water
1 cup plus 1 tablespoon all-purpose flour
1 teaspoon ground cinnamon
1 teaspoon baking soda
1/2 teaspoon salt (optional)
2 eggs
1 teaspoon liquid sweetener

In a large saucepan, combine dates, apples, raisins and water. Bring to a boil; reduce heat and simmer for 3 minutes. Remove from heat; cool.

Combine flour, cinnamon, baking soda, and salt, if desired. Stir into apple mixture and mix well. Combine eggs and sweetener; add to batter.

Drop by tablespoonsful onto a nonstick baking sheet. Bake at 350 degrees F for 10 to 12 minutes. Yields 2 dozen.

Nutritional Analysis: One serving (prepared w/o added salt) equals: 54 calories, 24 mg sodium,

18 mg cholesterol, 18 gm carbohydrate, 1 gm protein, 1 gm fat

Diabetic Exchanges: 1/2 starch, 1/2 fruit

Summer Fruit Trifle

1 package (18.25 ounces) yellow cake mix
1 1/3 cups water
3 egg whites
2 cups sliced strawberries
2 to 3 Tablespoons NutraSweet® Spoonful
Milk Custard (recipe below)
1 cup raspberries
2 nectarines or peaches, sliced
1 medium banana, sliced
1 pint blueberries
Light whipped topping

Make cake mix according to package directions, using water and egg whites; bake in a 13 by 9-inch baking pan. Cool on wire rack. Cut half the cake into 1-inch cubes (freeze or reserve remaining cake for another use).

Process strawberries in blender or food processor until smooth; stir in NutraSweet® Spoonful. Layer 1/3 of the cake cubes in bottom of 2-quart glass serving bowl. Spoon 1/3 of the Milk Custard and strawberry puree over cake and top with 1/3 of the raspberries, nectarines, banana and blueberries. Repeat layers 2 times. Refrigerate at least 1 hour before serving. Garnish with whipped topping.

Makes 12 servings.

Serving size: 1/12 recipe

Yield: 12

Exchanges: 1/2 Skim Milk, 1 Starch, 1 Fruit

Nutrition: 175 Calories, 4 g Protein, 35 g Carbo, 3 g Fat

Milk Custard

1 cup skim milk
2 eggs
2 Tablespoons flour
1/4 teaspoon ground nutmeg
3 to 4 Tablespoons NutraSweet® Spoonful

Heat milk just to boiling in small saucepan; remove from heat. Mix eggs and flour in small bowl. Stir in 1/4 cup hot milk into egg mixture; stir egg mixture into milk in saucepan.

Cook over low heat, stirring constantly, until thickened. Cool until warm; stir in nutmeg

and NutraSweet® Spoonful. Refrigerate until chilled.

Makes about 1 1/2 cups.

Turkey Bow Tie Skillet

1/2 lb. ground turkey breast
1 1/2 teaspoon vegetable oil
3/4 cup chopped celery
1/2 cup chopped onion
1/2 cup chopped green pepper
1 garlic clove, minced
1 (14 1/2 oz.) can chicken broth
2 cups uncooked bow-tie pasta
1 (14 1/2 oz.) can stewed tomatoes
1 tablespoon vinegar
3/4 teaspoon sugar
1/2 teaspoon chili powder
1/2 teaspoon garlic salt, optional
2 tablespoons grated Parmesan cheese
1 tablespoon minced fresh parsley

In a large skillet or Dutch oven, brown turkey in oil. Add celery, onion, green pepper and garlic; cook until vegetables are tender. Remove turkey and vegetables with a slotted spoon and keep warm.

Add broth to the pan; bring to a boil. Add pasta; cook for 10 minutes or until tender. Reduce heat; stir in tomatoes, vinegar, sugar, chili powder, garlic salt if desired and turkey mixture. Simmer for 10 minutes or until heated through. Sprinkle with Parmesan cheese and parsley. Serves 6.

Nutritional Analysis: One (1-cup) serving (prepared with low-sodium broth and no-salt-added tomatoes and without garlic salt) equals: 208 calories, 128 sodium, 22 mg cholesterol, 30 gm carbohydrate, 15 gm protein, 3 gm fat. Diabetic Exchanges: 2 starch, 1 meat

Turkey Burgers

1 pound ground turkey breast
Egg substitute equal to 1 egg
1/4 cup dry bread crumbs
1 teaspoon steak sauce
1 teaspoon spicy brown mustard
1/4 teaspoon dried thyme
1/4 teaspoon pepper
4 hamburger buns, split
Lettuce leaves and tomato slices

In a bowl, combine the first 7 ingredients. Shape into four burgers (for easier shaping, use cold wet hands or disposable plastic gloves). Pan-fry, grill or broil until no longer pink. Serve on buns with lettuce and tomatoes. Serves 4.

Nutritional Analysis: 285 calories, 411 mg sodium, 35 mg cholesterol, 26 gm carbohydrate, 33 gm protein, 6 gm fat

Diabetic Exchanges: One serving equals 4 very lean meat, 2 starch

White Chocolate Orange Mousse

1 1/2 cups cold skim milk
1 package (4-serving size) JELL-O White Chocolate Flavor Fat Free Sugar Free
Instant Reduced Calorie Pudding & Pie Filling
2 cups thawed COOL WHIP LITE Whipped Topping
1/2 teaspoon grated orange peel

Pour cold milk in medium bowl. Add pudding mix. Beat with wire whisk 1 minute. Gently stir in whipped topping and orange peel. Spoon into dessert dishes. Refrigerate until ready to serve. Makes 6 servings.

Serving size: 1/6 recipe

Yield: 6

Exchanges: 1 Carbohydrate, 1/2 Fat

Nutrition: 90 Calories, 2g Protein, 13g Carbo [0g dietary fiber, 7g sugars], 3g Fat